

## CLAIMS

I claim:

1. An apparatus comprising:

a left end piece;

a right end piece; and

a pillow;

wherein the left end piece has a recess into which a left portion of the pillow can be inserted;

wherein the right end piece has a recess into which a right portion of the pillow can be inserted;

and wherein the pillow is substantially softer than the left end piece and the right end piece.

2. The apparatus of claim 1 wherein

the recess of the left end piece and the recess of the right end piece have a width, which is about the same as a dimension of the pillow.

3. The apparatus of claim 1 wherein

the recess of the left end piece and the recess of the right end piece have a width and a height, which is about the same as a width, and height of the pillow.

4. The apparatus of claim 1 further comprising

a sleeve; and

wherein the pillow, the left end piece, and the right end piece can be inserted into the sleeve while the left portion of the pillow is inserted into the recess of the left end piece and while the right portion of the pillow is inserted into the recess of the right end piece.

5. The apparatus of claim 4 further comprising

a pillow covering; and

wherein the sleeve, the pillow, the left end piece, and the right end piece can be inserted into the pillow covering, while the left portion of the pillow is inserted into the recess of the left end piece, while the right portion of the pillow is inserted into the recess of the right end piece, and while the pillow, left end piece, and right end piece are inserted into the sleeve.

6. A method comprising the steps of

inserting a right portion of a pillow into a recess of a right end piece;

inserting a left portion of a pillow into a recess of a left end piece; and

wherein the pillow is substantially softer than the left end piece and the right end piece.

7. The method of claim 6 wherein

the recess of the left end piece and the recess of the right end piece have a width, which is about the same as a dimension of the pillow.

8. The method of claim 6 wherein

the recess of the left end piece and the recess of the right end piece have a width and a height, which is about the same as a width, and height of the pillow.

9. The method of claim 6 further comprising

Inserting the pillow, the left end piece, and the right end piece into a sleeve while the left portion of the pillow is inserted into the recess of the left end piece and while the right portion of the pillow is inserted into the recess of the right end piece.

10. The method of claim 9 further comprising

inserting the sleeve, the pillow, the left end piece, and the right end piece into a pillow covering, while the left portion of the pillow is inserted into the recess of the left end piece, while the right portion of the pillow is inserted into the recess of the right end piece, and while the pillow, left end piece, and right end piece are inserted into the sleeve.